

A JOCK'S GUIDE

Episode 11: Chocolate Bowls (Banana Edition)

Source: Jock's Guide Viewer, Ashley

Ingredients:

3-4 pure chocolate bars (dark or milk)
Balloons of various sizes

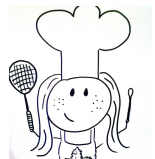
Banana Filling

One box Instant Banana Pudding
Nilla Wafers
1 can condensed milk
Cool Whip
Vanilla extract

Directions: How to Make the Chocolate Bowl

1. Melt chocolate over medium/low heat in microwave or a double boiler on the stove.
2. Set melted chocolate aside, off the heat, and allow to cool to a luke warm temperature.
3. Inflate balloons and spray lightly with a non-stick cooking spray.
4. Dip inflated balloon in the melted chocolate and swirl around so that it's adequately covered in a bowl shape.
5. Set chocolate covered balloons on wax paper and place in fridge.
6. To make the chocolate EXTRA hard, place balloons in the freezer for 5 minutes.
7. With a paper towel in your hand (to prevent your fingers from melting the bowl), place the chocolate balloon bowl in your hand and take a needle and pop the top of the balloon by the knot.
8. Make sure it's a small hole so that the air does not escape too quickly causing your bowl to crumble. As the balloon deflates, twist the balloon around in a circular motion to help it get free of the bowl.

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Directions: How to Make Banana Filling

1. Process up Nilla Wafers and lay them in the bottom of the chocolate bowls.
2. BLEND WELL one 5oz box of instant banana pudding with 2 cups milk, 1 small can of condensed milk and 2 tsp of vanilla extract.
3. Fold in one container of Cool Whip. (It will seem a little runny, but that's ok – it sets with time!)
4. Using a frosting bag and tip to decorate the top of the pudding with more Cool Whip and garnish as you please (slices of banana, Nilla wafers, it's really up to you!)



Banana Filled Chocolate Bowls made by Ashley Texas, USA

VIEWER TIP:

If you end up with a crack or hole in your bowl, that's easily repairable! Melt a little bit of chocolate and patch it right up! It is critical that this is truly not too hot as it may end up melting the chocolate you are about to repair.

**Remember if you make it, take a pic and send it in!
It'll be featured on the website!**

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